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Tuesday, February 28, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

WHAT HAPPENED AT THE OSCARS?!

A play-by-play of how the Best Picture fiasco went down. 12

Winter cure: Chill out in an infrared sauna. 21

Crunch Time: Tebow shows off power with Mets. 23

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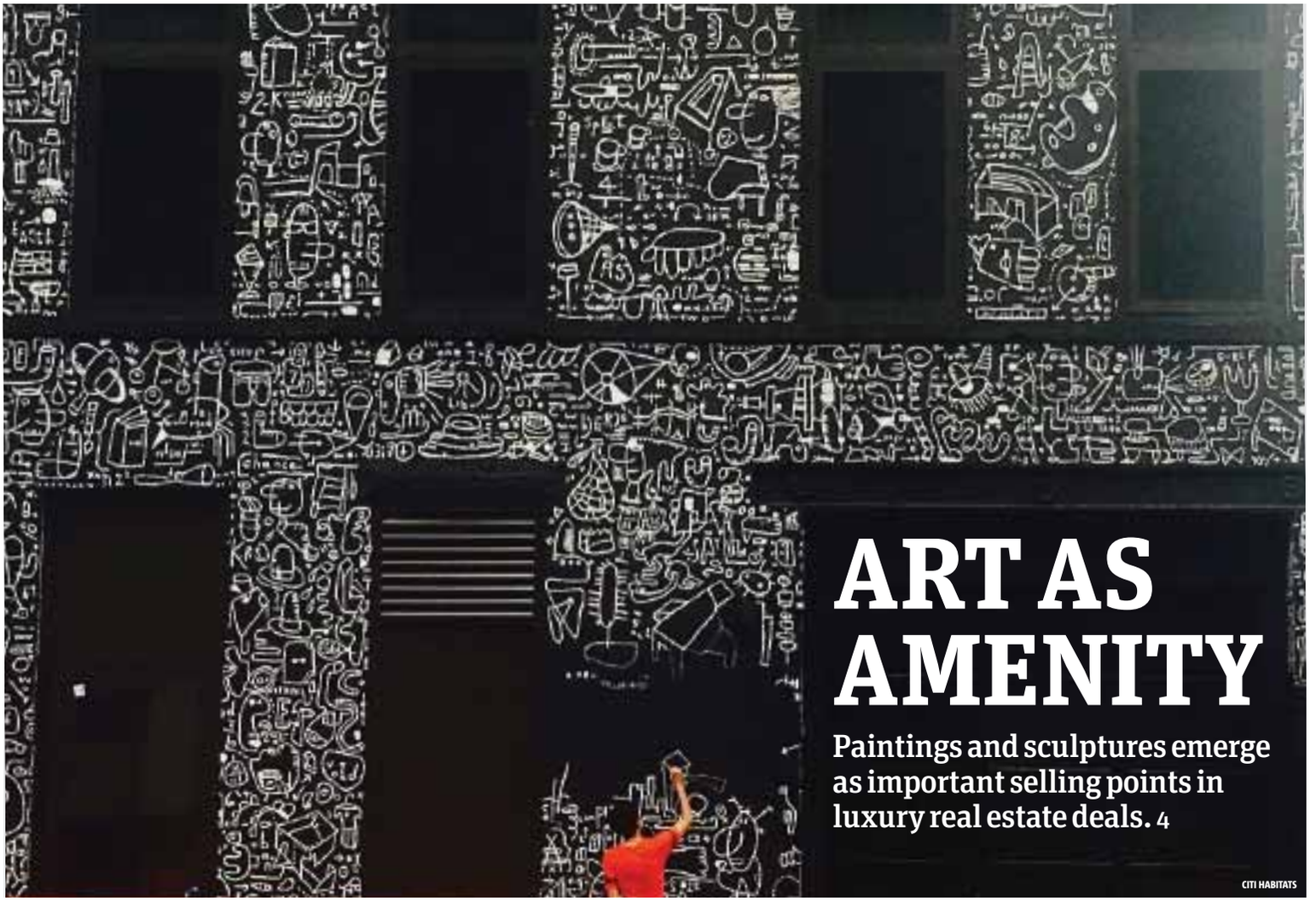

ART AS AMENITY

Paintings and sculptures emerge as important selling points in luxury real estate deals. 4

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GRADUATE STUDIES

TRUMP WANTS TO ADD $54B TO DEFENSE BUDGET

1 President Donald Trump is seeking what he called a "historic" increase in military spending of more than 9 percent, a huge rise even as the United States has wound down major wars in Iraq and Afghanistan and remains the world's strongest military power. Trump will seek to boost Pentagon spending in the next fiscal year by $54 billion in his first budget proposal and slash the same amount from non-

defense spending, including a large reduction in foreign aid, a White House budget official said. The president does not have the final say on federal spending. His plan for the military is part of a budget proposal to Congress, which, while it is controlled by his fellow Republicans, will not necessarily follow his plans. REUTERS

TRUMP'S FANS ORGANIZE THEIR OWN RALLIES

2 Supporters of U.S. President Donald Trump were holding rallies in towns and cities across the country on Monday, partly as a rebuttal to waves of anti-Trump protests that have taken place since the Republican's election last November. Trump was not scheduled to appear at any of this week's rallies. The venues range from a park in the small town of Gravette, Arkansas, to the plaza outside the Georgia State Capitol building in downtown Atlanta. In Atlanta, a crowd of about 200 mostly white supporters gathered on an overcast day. "I just think we need to support our president," said Vivian Phillips, a 60-year-old retired schoolteacher who drove more than seven hours from her West Virginia home to attend the rally in Atlanta. REUTERS

PENTAGON BRINGS ISIS PLAN TO WHITE HOUSE

3 A Pentagon-led preliminary plan to defeat Islamic State has been delivered to the White House and U.S. Defense Secretary Jim Mattis will brief senior administration officials later on Monday, a Defense Department spokesman told reporters. Pentagon spokesman Captain Jeff Davis told reporters that it was the framework for a broader plan and looked at Islamic State around the world, not just Iraq and Syria. Davis said the plan would define what defeating Islamic State meant and was one that would rapidly defeat the militant group. REUTERS

FEBRUARY TORNADO

5 Jeanie Thomas walks past the badly damaged front of her home on Whately Road in Conway on Monday. The first February tornado on record in Massachusetts touched down on Saturday night, causing severe damage to buildings as well as downed trees and blocked roads in Conway. GETTY IMAGES

5 THINGS YOU NEED TO KNOW

'THRONES' ACTOR DIES

4 Neil Fingleton who played a giant in the HBO series "Game of Thrones" has died, reportedly of a heart attack, at the age of 36. He was the tallest British-born man and the tallest man in the European Union at 7-feet, 7.56-inches. In 2014 Fingleton started playing pro basketball in the United States and in Europe until an injury forced him to retire in 2007. He returned to his home city of Durham, England, to pursue a career in show business. METRO

Neil Fingleton strolls through Times Square, meeting New Yorkers and tourists. GETTY IMAGES

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JENNIFER LOGUE, PHILADELPHIA FEATURES EDITOR

The big mixup at the Academy Awards on Sunday night got us thinking about how live television can sometimes go horribly wrong. From lip sync disasters to scandalous "wardrobe malfunctions," even seemingly flawless celebrities make mistakes sometimes. We take a look back at the worst fails on live television (so far!) at **metro.us/TV.**

PLAY TO WIN $100!

Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week. Congrats to last week's winner, **Dinorah Balthazar from New York City.**

metro.us/quiz

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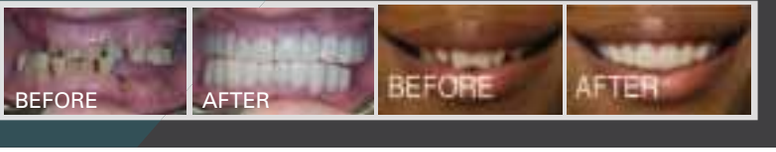

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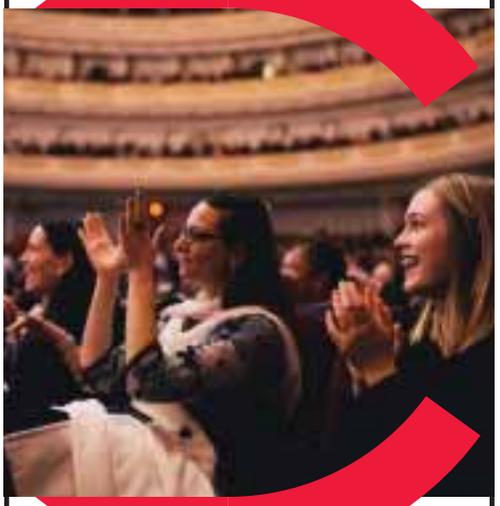

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Art of the deal: Big-name artists provide edge in luxury real estate market

"Savvy developers are always looking for ways to make their new building stand out among the competition ..."

NEHA BANKA KANORIA
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Art is in the eye of the beholder, but in New York City it's increasingly becoming in the eye of the real estate seeker.

Although displayed art work has always been a part of high-end residential buildings, the trend has accelerated in the past five years.

Along with amenities like indoor pools, gyms and roof decks, art work is becoming a coveted feature among residents as real estate developers are now turning to big-name artists to incorporate their work into properties.

This contemporary art can provide a modern contrast to an older building and its architecture, or contribute to a new building's design concept. New real estate developments mainly feature artwork as a way to fill wall space in lobbies, lounges and common areas.

"Savvy developers are always looking for ways to make their new building stand out among the competition and to get an artist who is well-known to contribute a piece to a building adds to the overall allure," said Jodi Stasse, senior managing director of new developments at Citi Habitats. "The fact the property features a noteworthy piece of art and the publicity that it attracts, may put a particular building on a homeseeker's radar screen."

Some examples:

Kenton Place

Kenton Place, a prewar high-rise on 63rd Street and Second Avenue in Manhattan, features an art installation by modernist metal sculpturist Albert Paley in the building's lobby. Paley's work is on display at the Metropolitan Museum of Art along with others museums in the country.

The Merritt Entrance Gate by modernist metal sculptor, Albert Paley, is now on display at Kenton Place. CITI HABITATS

Japanese artist, Yayoi Kusama's 'Large Pumpkin' in bronze is on display at Sky ©INES LEONG/ARCHPHOTO

Sky

Sky, a luxury apartment building on 42nd Street and 11th Avenue in Manhattan built in 2015, features a number of artworks by prominent artists, but none possibly as iconic as Yayoi Kusama. The Japanese artist, at 87, holds the record for being paid the highest price for a work as a living, female artist. Along with works by German visual artist Gerhard Richter and American pop artist Tom Wesselmann, three of Kusama's works are displayed in the building.

Installation artist HOT TEA painted the pool deck of Manhattan Park, an apartment complex on Roosevelt Island. CITI HABITATS

Manhattan Park

Last summer at Manhattan Park, an apartment complex on Roosevelt Island, installation artist Eric Rieger, who goes by the name of HOT TEA, painted the pool deck of the complex in candy colors, using about 120 gallons of paint for his entire artwork. For the past two years, local street artists have been commissioned to create an immersive mural around the pool because it becomes a popular hangout during the summer.

80 DKLB in Fort Greene, Brooklyn, features an installation art piece by Christina Watka. SILVER CREATIVE

80 DKLB

80 DKLB, a 36-story residential building built in 2010 in Fort Greene, Brooklyn, features the work of Christina Watka, a Manhattan-based porcelain artist. The installation piece titled "Murmuration XV: Mammoth" is a cluster of small hand-sculpted porcelain.

"This specific installation mimics the patterns of people walking through the city streets," Watka explained.

Forest City Ratner Cos., the developers of the building, wanted to pay "homage" to the contributions of the artists who shape the borough.

Brooklyn-based artist Katie Merz painted her signature work, thousands of glyphs in white on the black façade. CITI HABITATS

Ice Cream Factory Lofts

The Ice Cream Factory Lofts at 347 Berry St. in Williamsburg, Brooklyn, is a new 23-unit rental building that uses part of a 1919 ice cream factory as its facade. The developer hired Brooklyn-based artist Katie Merz to paint thousands of glyphs in white on the black facade of the building, her signature work.

"Our concept interprets the life of graffiti, buildings and New York City as layers," said Chris Horrigan, of Horrigan Development, the building's developer.

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50% AREA MEDIAN INCOME (AMI) UNITS	2 bedroom	$870	4	➡	2 people	$31,817 - $36,250
					3 people	$31,817 - $40,800
					4 people	$31,817 - $45,300
					5 people	$31,817 - $58,740
60% AREA MEDIAN INCOME (AMI) UNITS	**Unit Size**	**Monthly Rent[1]**	**Units Available**		**Household Size[2]**	**Annual Household Income[3]** (Minimum – Maximum)[4]
	Studio	$822	2	➡	1 person	$30,069 - $38,100
					2 person	$30,069 - $43,500
	1 bedroom	$882	21	➡	1 person	$32,194 - $38,100
					2 people	$32,194 - $43,500
					3 people	$32,194 - $48,960
	2 bedroom	$1,065	9	➡	2 people	$38,503 - $43,500
					3 people	$38,503 - $48,960
					4 people	$38,503 - $54,360
					5 people	$38,503 - $58,740
	4 bedroom	$1,371	4	➡	4 people	$49,680 - $54,360
					5 people	$49,680 - $58,740
					6 people	$49,680 - $63,060
					7 people	$49,680 - $67,440
					8 people	$49,680 - $71,760
					9 people	$49,680 - $76,104

[1] Rent includes gas for cooking.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to **nyc.gov/housingconnect**. To request an application **by mail, send a self-addressed envelope to: Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than March 31, 2017 late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 31 de marzo 2017

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2017 年 3 月 31 日

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 31 март 2017

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2017 년 3 월 31 일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

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Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat mas 31, 2017

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **Dorie Miller Apartments, 87-14 116th Street Richmond Hill, NY 11418.** على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل31 ارس، 2017

Mayor Bill de Blasio • HPD Commissioner Vicki Been

Gov. Andrew Cuomo met with religious leaders last week at the Museum of Jewish Heritage to discuss anti-Semitism and hate crimes. GETTY IMAGES

Governor condemns bomb threats at Jewish centers, orders investigation

Bomb threats were made against Jewish community centers and schools in at least 11 states, officials said.

Gov. Andrew Cuomo on Monday ordered a state police investigation into bomb threats made against Jewish community centers in four communities in the state.

The attempted intimidation appeared to be part of a wave of bomb threats that occurred Monday against Jewish community centers and schools in at least 11 states, the JCC Association of North America said.

This marked the fifth wave of such threats this year that have stoked fears of a resurgence of anti-Semitism, the association said.

All of the bomb threats appeared to be hoaxes, officials said.

In New York state, the threats were made against JCCs in Tarrytown, Staten Island, New Rochelle, and Plainview, the governor said.

"Make no mistake: These reprehensible and cowardly attacks are not limited to the Jewish community," Cuomo said in a statement. "They are assaults on all New Yorkers and I vow that we will do everything in our power to catch those responsible for this wave of hate crimes.

The governor ordered the state police to work with federal and local law enforcement investigators.

"The full force of government will be brought to bear in these efforts and these perpetrators will be punished," Cuomo said.

In addition to New York, threats were received in Alabama, Delaware, Florida, Indiana, Maryland, Michigan, New Jersey, North Carolina, Pennsylvania and Virginia. For some centers, it was the second or third time this year that they had been forced to put their threat evacuation drill into practice.

"Members of our community must see swift and concerted action from federal officials to identify and capture the perpetrator or perpetrators who are trying to instill anxiety and fear in our communities," David Posner, a director at the JCC Association, said in a statement.

Jewish groups, President Donald Trump and Israeli officials have all condemned the surge in disruptive intimidation, as well as the vandalism of Jewish cemeteries. Police said on Sunday that about 100 headstones had been toppled at a Jewish cemetery in Philadelphia, about a week after a similar act of vandalism at a Jewish cemetery in St. Louis.

Federal and local law enforcement were investigating the threats, but little information has been made public so far about any perpetrators.

Some Jewish groups see the vandalism and threats as a sign that anti-Semitic groups have been emboldened by Trump's election. His campaign last year drew the support of white supremacists and other right-wing groups, despite his disavowals of them.

Trump has said he is the "least anti-Semitic person" in the world, and noted that one of his daughters, his son-in-law and some of his grandchildren are Jewish.

Last week, the Cuomo administration announced among other measures a $25 million grant program to boost safety and security at New York's schools and day care centers at risk of hate crimes or attacks because of their ideology, beliefs or mission.

STAFF AND REUTERS

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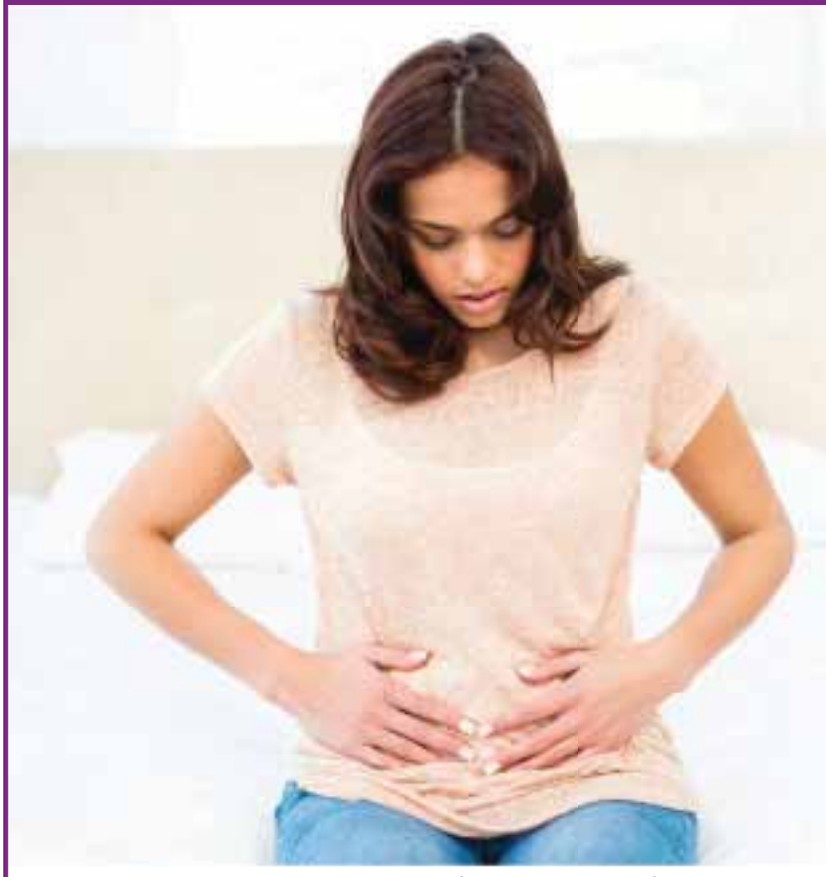

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Startup helps tenants with frigid apartments

A tech startup has developed a device to help tenants prove that their apartments lack heat.

JOSEPH JAAFARI
@MetroNewYork
letters@metro.us

A stiff wind squeezes a draft through the bedroom window. The radiator is ice-cold. The building super says there's nothing he can do to help.

There have been more than 146,000 complaints from New Yorkers about lack of heat and hot water in their buildings during the fall and winter months, according to city data.

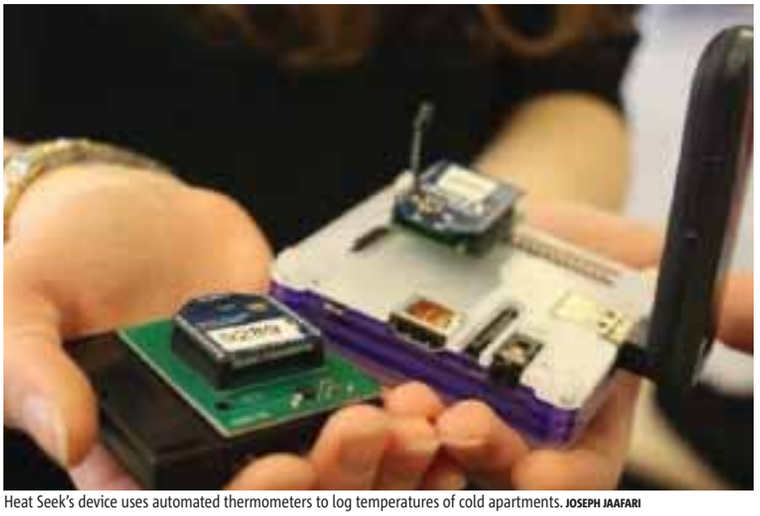
Some housing advocates say many of the complaints stem from rapacious landlords trying to force low-income tenants out of their homes.

Tenants who chose to do battle with their landlords can seek justice in the New York City Housing Court. But providing the court tangible proof of a frigid apartment is a daunting task.

A tech startup based in Chelsea is working to help such tenants by giving them tools to battle landlords in housing courts.

Between October and March, known as the "heat season," landlords in the city are required to maintain tenant homes at 68 degrees when the mercury falls below 55 degrees. And for anyone who has had to stand in 68 degrees when there are below-freezing temperatures outside, it's noticeably cold.

"Do you know what it feels like to open your fridge, and it's so cold that you don't feel a difference in the temperature? It's like that," said Noelle Francois, one of the creators of Heat Seek, a nonprofit tech startup that uses automated thermometers to log temperatures of cold apartments. "It's hard to explain but when you actually stand in it and experience it, it's insane that people have to live like this."



Heat Seek's device uses automated thermometers to log temperatures of cold apartments. JOSEPH JAAFARI

Francois and Anthony Damelio both head the startup which uses thermometers and tiny computers to collect data that tenants can use to challenge landlords in housing court — a process that housing advocates and other news outlets have reported being notorious for backlogs, endless bureaucracy and an unfair advantage given to landlords.

Gathering evidence

When it comes to cases involving heat, the biggest challenge is evidence.

"You can take a picture of a broken window, or something like that. You can't take a picture of heat," said Francois.

Lawyers with the Legal Aid Society for years have advised tenants to take a photo of their thermometer next to a free daily paper and keep detailed journals, but all of that evidence has been challenged in court.

"What is lacking is better data," said Sunny Noh, a supervising attorney for the Legal Aid Society's Tenant Rights Coalition, which uses Heat Seek's thermometers in housing court negotiations.

Heat Seek said that all the 12 cases brought to housing court that used Heat Seek's data were negotiated in favor of the tenants. And all of this gives new hope to tenants who have given up on fighting their heat cases.

"The density of complaints is located in specific ZIP codes with repeat offender landlords," Noh said. "Tenants historically have not had a lot of leverage, and their testimony isn't given enough weight. As a result, tenants start to stop believing in the process and they stop fighting for their basic rights."

Heat Seek can even the playing field, she said.

For more information about Heat Seek's device visiti metro.us.

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US appeals court will not put Trump travel ban case on hold

The order from the 9th U.S. Circuit Court of Appeals could increase pressure on the Trump administration to clarify its intentions regarding the controversial executive order.

A rally in New York City GETTY IMAGES

A federal appeals court on Monday rejected a U.S. Department of Justice request to place on hold an appeal over President Donald Trump's travel ban on people from seven majority-Muslim countries.

The 9th Circuit suspended Trump's travel ban earlier this month while litigation over the measure proceeds. Trump has said he will soon issue a new executive order that addresses concerns raised by the appeals court judges.

The president's Jan. 27 order caused chaos at airports around the world as visa holders heading to the United States were pulled off planes or turned around upon arrival at U.S. airports.

Trump has said travel limitations are necessary to protect the United States from attacks by Islamist militants. His original order barred people from Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen from entering the country for 90 days. Refugees were banned for 120 days, except those from Syria, who were banned indefinitely.

Americans were deeply divided over the measure, which was condemned by prominent U.S. companies and allies and challenged in court by the state of Washington.

The 9th Circuit had directed the Justice Department to file a legal brief defending the travel ban later this week. Given Trump's intention to issue a new order, however, the Justice Department asked last week for the appeal to be placed on hold.

In a response, the state of Washington said the Trump administration has said both that it would pursue an appeal, and that it would issue a new order.

"Throughout these proceedings, there appears to have been a lack of communication between the Department of Justice and the White House," the Washington attorney general's office said in a court filing arguing that the 9th Circuit move forward now.

REUTERS

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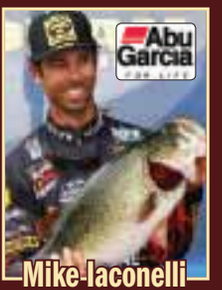

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

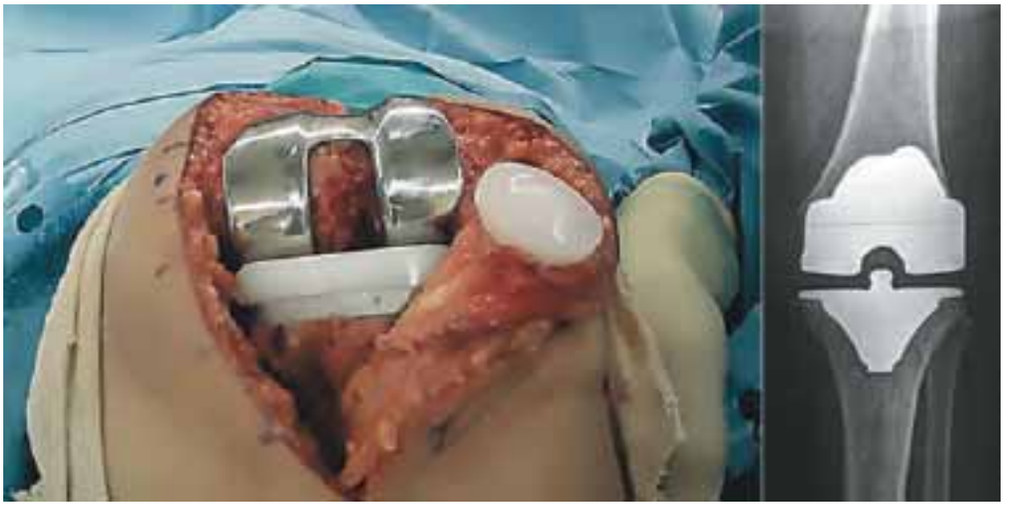
For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

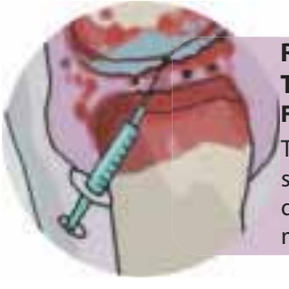
Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

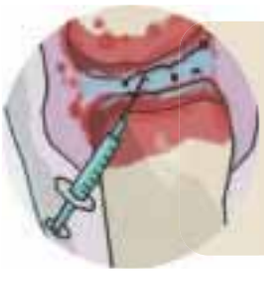
Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the Hologic digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using Hologic digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.

Advanced Medical Technology Can Make All The Difference: **This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.**

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 8 0 0 8 8 5 K N E E (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

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Jordan Horowitz and Warren Beatty GETTY IMAGES

How did Oscars 2017 Best Picture mistake happen?

And besides "Moonlight," who was the real winner in this no-win situation?

EVA KIS
@thisiskis
eva.kis@metro.us

On Sunday night, the worst kind of history was made.

For the first time ever, the wrong winner was read out at the Academy Awards for Best Picture when Warren Beatty and Faye Dunaway presented the Oscar to the musical "La La Land." A couple minutes later, it was the movie's creative team who had to announce the mistake, and that the winner was in fact the gay coming-of-age drama "Moonlight."

So what happened?

The story unfolded like a real-time Hollywood drama — and there were winners and losers here, too.

The problem, as Beatty explained, was that he'd been handed the wrong envelope. PricewaterhouseCoopers, the accounting firm that handles the Academy's votes and whose executives hand the envelopes to presenters on their way to the stage, issued a statement early Monday morning:

"We sincerely apologize to 'Moonlight,' 'La La Land,' Warren Beatty, Faye Dunaway and Oscar viewers for the error that was made during the award announcement for Best Picture. The presenters had mistakenly been given the wrong category envelope and when discovered, was immediately corrected. We are currently investigating how this could have happened, and deeply regret that this occurred."

Understandably, Beatty was confused about what was on the card — he even peeked inside the envelope to check if there was another card. Ultimately though, he's going to be remembered as the guy who passed the buck to Dunaway, who did what any of us would've done: read what's on the card just to break the horrible tension.

Incidentally, the Huffington Post had asked Pricewaterhouse about exactly this problem in a Feb. 24 story. The firm has two executives, Brian Cullinan and Martha Ruiz, who walk the red carpet with the envelopes in briefcases, among other spy drama-worthy details.

"Throughout the telecast, Cullinan and Ruiz are stationed on opposite sides backstage. The duo will have memorized the winners, thereby preventing the need to list them on any documentation that could land in the wrong hands," HuffPo wrote.

Ruiz implied but didn't explicitly say that she and Cullinan are the ones handing the envelopes to presenters. So what if the hands were right, but the envelope was wrong?

"We would make sure that the correct person was known very quickly," Cullinan told HuffPo. "Whether that entails stopping the show, us walking onstage, us signaling to the stage manager — that's really a game-time decision, if something like that were to happen. Again, it's so unlikely."

Not unlikely enough.

Once the Oscar fuzz came onstage, it was bizarrely left to the "La La Land" team to fix this mess. Producer Jordan Horowitz wasn't first to the mic, but he's the one who will be remembered.

He had given his acceptance speech. Then, during the confusion as the "Moonlight" team was making their way to the stage, host Jimmy Kimmel tried to diffuse the awkwardness by suggesting both films receive awards, but Horowitz wasn't having it: "I'm going to be really proud to hand this award to my friends from 'Moonlight,'" he replied.

After it became clear the "La La Land" team wasn't pulling an Adele at the Grammys, it was the "Moonlight" team's turn in the spotlight.

The winners shouldn't be left with mixed feelings, but that's what happened to everyone in "Moonlight," including Mahershala Ali, who won Best Supporting Actor — the first Muslim winner in Oscars history.

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THE INSOMNIAC FILES

HYPNO-SLEEP TILL BROOKLYN?

OPINION

KIMBERLY M. AQUILINA
@KimESTAqui

Alexandra Janelli gives Kimberly Aquilina a hypnotherapy session at Modrn Sanctuary in Manhattan. BESS ADLER

"You can't make yourself fall asleep."

Those were pretty much the first words certified hypnotherapist Alexandra Janelli told me on the phone.

"The harder you try, the more you're using your logical mind to make it happen," explained Janelli, who practices at Modrn Sanctuary on West 27th Street. "[Sleep is] an innate part of us that comes from a subconscious area."

That made sense to me, but before I entrusted my "subconscious area" to a stranger, I wanted to know more about hypnosis. I don't want to wake up and bark like a dog every time my editor says, "deadline."

After explaining that hypnosis is more "guided meditation" than parlor trick, Janelli offered me a recording — which typically costs her clients anywhere from $15 to $45 — that I could listen to at home.

That night, I did my usual routine: I popped my earbuds in and hit play. I breathed and concentrated on Janelli's soothing voice … and then I woke up several hours later. I never even made it to the end of the recording before I conked out.

Second night, same thing. I was excited, so I made an appointment with Janelli for an initial session — 85 minutes for $395.

Since that session, I've made some changes in my personal life, found a new apartment, packed up my life in Queens and hired movers to take me and the cats to Brooklyn. Again, having a hard time sleeping, I tried the recording.

It didn't work.

I'll admit, learning these sleep techniques at this moment in my life is basically putting them under the most rigorous of testing. In a few days, I'll be in a new spot, with a new mattress on a real bed and hopefully, covered in sleeping cats, I'll be snoring at a decent hour instead of watching the sun come up with my pint of Arctic Zero.

For more on Kim's sleeplessness visit metro.us.

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- My toes aren't straight- they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
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SpaceX to send privately crewed spacecraft beyond the moon next year

Private launch company SpaceX plans to fly two paying customers on a tourist trip around the moon using a spaceship under development for NASA astronauts and a heavy-lift rocket that has not yet flown, Chief Executive Elon Musk told reporters on Monday.

The launch of the first-ever privately funded tourist flight beyond the International Space Station is tentatively targeted for late 2018, Musk told reporters on a conference call.

He declined to identify the customers or say how much they would pay to fly on the weeklong mission, except to say that it's "nobody from Hollywood." He also said the two prospective space tourists know each other.

"We would expect to do more than one mission of this nature," he added. "This should be incredibly exciting."

REUTERS

Elon Musk, CEO of SpaceX, stands next to the Dragon V2 spacecraft at SpaceX facilities in Hawthorne, California. GETTY IMAGES

"We would expect to do more than one mission of this nature. ... This should be incredibly exciting."
Musk

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Halle Berry strips down post-Oscars

Halle Berry is back, and she wants to make sure you know it.

The 50-year-old actress posted a video of her stripping down out of her Oscars dress and skinny dipping in a pool, set to the sweet, sweet sounds of Bruno Mars.

The actress also told Vogue that she wanted to celebrate her natural hair this year. But here's a conspiracy theory: What if it's a wig?

I mean, in the video, she appears to be taking off her dress from the ceremony. But she showed up to Vanity Fair's after party looking adequately moisturized and with her hair pretty much in the exact same shape. So if she did go for a quick skinny dip after the ceremony, how could her hair be still so perfectly coiffed?

Only if she had a wig. Which is totally fine. It's still natural hair, maybe. Just in wig form.

Or I suppose this could all be some ploy, and she recorded the video earlier. Whichever.

the word

RACHAEL CLEMMONS
racahel.clemmons@metro.us

To watch the video, visit **metro.us**

Casey Affleck 'appalled' his company donated to Trump

ALL PHOTOS GETTY IMAGES

By all accounts, Casey Affleck should be celebrating his Best Actor Oscar win. He probably is. But the "Manchester by the Sea" star, who rocked a vagrant-chic look at Sunday's awards, is worried about something else.

The younger Affleck has been pretty vocal about his distaste for President Trump — he called Trump's policies "un-American" at the Independent Spirit Awards. Turns out, Affleck's production company donated to Trump's transition team and, according to Vulture, Affleck claims he didn't know about it.

Buzzfeed confronted Affleck with federal filings that included a $5,000 donation from Affleck and the Middleton Project to the Trump for America Fund. Affleck said in a statement he was "appalled" by the donation and "never would have authorized it."

But does any of this even matter? Affleck seems to have dodged those sexual-harassment allegations, so I doubt his company donating to Trump is going to have any effect on his career.

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Melanie Lynskey wishes people weren't jerks

The actress talks about her crazy new movie, "I Don't Feel at Home in This World Anymore."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Elijah Wood and Melanie Lynskey turn into amateur detectives in the film "I Don't Feel at Home in This World Anymore," now streaming on Netflix. NETFLIX

In "I Don't Feel at Home in This World Anymore," Melanie Lynskey plays Ruth, a depressed Portland woman who drinks crappy beer, wears dumpy clothes and thinks "everyone's an a—hole." Her irritation with humankind reaches toxic levels after she's burglarized. Eventually teaming up with a hipster neighbor (Elijah Wood), she becomes an amateur detective, trying to find the squatters who stole her laptop. That's when things get crazy.

I'm sorry your character drinks Coors, which among the s—y beers is one of the s—iest.

[Laughs] Thankfully I was drinking nonalcoholic beer. I kind of loved that, though. Everything she did was the easiest. The outfits were the most comfortable and the most practical. She could wear that and no one would look at her. The beer is the cheapest you can find anywhere. It's all so easy.

Her outfit — jeans and a hoodie — seem like her statement to the world that she doesn't care about them and they shouldn't care about her.

Someone who I thought about when playing her was Gloria Steinem, of all people. Gloria Steinem gave this amazing speech about the freedom to truly be yourself. It made me think about this character. There was this freedom I felt in playing this character, because her clothes aren't just about hiding her body. She's just not thinking about anyone's reactions to her. She's just existing in this world without trying to put anything out there. Which is kind of powerful and crazy.

I sort of related to her, because I too get annoyed with people who are inconsiderate, even in tiny, insignificant ways.

Me too. Like, I don't understand people who leave a mess. Even if you're staying in a hotel room. Some actors I work with say, "It's great, you just leave your s— all over the place, they'll pick it all up." I'm like, "How can you do that?" I just find that weird. Don't you want to make someone's day a little bit easier? Or people are like, "I don't want to give someone a free ride! I don't want to pay for someone's health care!" Where the f— do you care where your taxes are going? You have to pay taxes! It's just so weird. People are so selfish.

GETTY IMAGES

Anger management

This must have been a cathartic role to play — to play someone who's annoyed by all the a—holes out there.

It was so fantastic for me. It's so hard for me to get angry — but when I do, I feel amazing afterwards. [Laughs] It's very difficult for me to get to that point, but then I'm like, "Why don't you do this all the time?"

My feeling that everyone's an a—hole has greatly amplified since the election.

I think they've moved beyond a—holes into sociopaths. [Laughs] It's like, "Wow, are people evil?"

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Spring dreaming

Shades of pink and new romantic dressing make us want to pack up the heavy sweaters already.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

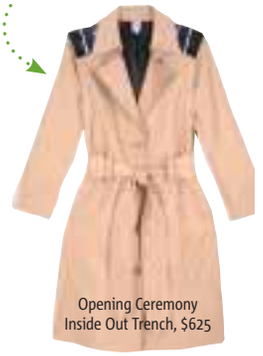
Blame it on the freakishly warm temps or the fact that Shopbop just released its insanely cute spring 2017 campaign "Find Your Spring" that us has just dreaming about our warm weather wardrobe. The multimedia campaign — with inspiration images and weekly style how-to videos — stars sisters Suki and Immy Waterhouse and model Alanna Arrington showcasing six of the season's major trends: pink, tailor-made, lingerie dressing, modern Americana, new romantics and So-Cal cool.

We caught up with Shopbop Fashion Director Caroline Maguire to find out about those awesome retro shades on Suki ("Karen Walker's cat-eye aviator is everything") and what's on her own shopping list.

Shopbop Fashion Director Caroline Maguire shares her wish list. PROVIDED

Shopbop's new campaign stars (from left to right) Alanna Arrington, Suki Waterhouse and Immy Waterhouse. ALL IMAGES PROVIDED

"Everyone needs a trench for spring — it's an easy basic and such a staple. Loving this one with the novel detail."



Opening Ceremony Inside Out Trench, $625

"The perfect transitional jacket brings that SoCal vibe with a tropical print, setting the tone for spring."

Boutique Moschino Printed Bomber, $750

"This maxi gown is the perfect dress to take from day to night. Layering is key for spring, and I love the ability to wear this dress with a tee or sweatshirt underneath."

Adam Selman gown,$1,195

MSGM Crisscross Wrap Sandals, $298

"The easiest slides, perfect with denim cutoffs, a breezy dress, I could go on!"

"Who doesn't need an old-school V-neck varsity sweater?"

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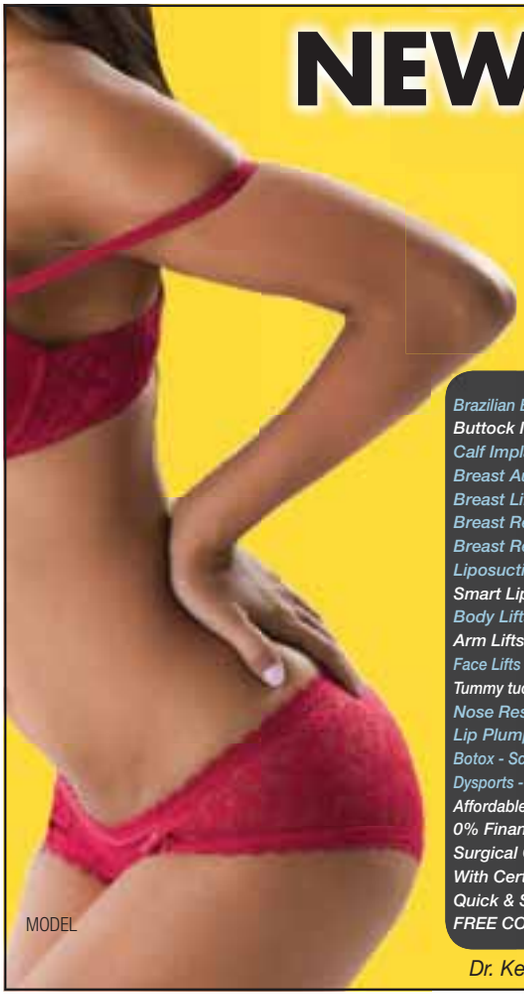

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Brooklyn Botanic gets 'wild'

Kick off March with chocolate, cider and dancing.

EVA KIS
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It's not spring yet, but the Brooklyn Botanic Garden's calendar is already heating up.

On Sunday, March 5, the garden is staying open after hours for Wild Chocolate, a chocolate and cider tasting party inside its grand atrium. Brooklyn's Raaka Chocolate is bringing cacao pods as well as finished bars for attendees to taste their way from nib to bar, while sipping drinks from Descendant Cider, the only cidery within New York City.

The sound of crickets will be your cue to dance when National Geographic's DJ Ecotone starts his very garden-appropriate "wildlife DJ" set, turning the sounds of rainforest frogs, insects and birds into dance beats.

Chocolate fans should arrive early to hear Raaka founder Nate Hodge drop some knowledge about venturing into the Peruvian Amazon rainforest in search of wild cacao, then showing how those beans are turned into bars at his Red Hook factory (and tasting room, just FYI). Though chocolate in the wild is found only in a narrow band close to the equator, you can check them out at the Botanic Garden, along with vanilla, coffee, macadamia and other edible plants, inside the Tropical Pavilion; there's a guided tour from 2:30 p.m. -3 p.m., or browse at your leisure.

Tickets are $35, and sorry, kiddos, all attendees must be 21 and over.

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wellbeing

Why you should try an infrared sauna

Inside an infrared sauna with violet LED lighting at Higher Dose, a luxury spa with locations on the Lower East Side and Flatiron. KEZIBAN BARRY; INSTAGRAM/@ MIGUELORJUELA

Our health editor heats up one winter evening.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Despite the mild winter we're having in New York, the search for hygge never stops. So on a recent Monday night, I ditched the coffice for an infrared sauna, a cocoon of warmth that I heard also gives you a detox and a workout, just from sitting there.

I arrived at Higher Dose, a luxury spa on the Lower East Side, ready to heat up. Busy Philipps recently told me to check it out ("You'll feel like you've gotten a full body massage," she said when I interviewed her in late December.) I appreciate a good sweat and hoped the experience would bring good vibes to my Monday.

I entered into a private room that has a sauna within it — a wood-paneled box with glass doors and a cushioned bench inside. I disrobed, grabbed a towel and filled up with water before surrendering to my 30-minute session.

The quality of the heat is different from a regular sauna, which uses steam to fill the room with humidity. Infrared feels more like a dry heat that slowly intensifies — up to 150 degrees Fahrenheit, that is. Yes, I was dripping with sweat, but it was a more manageable warmth.

Infrared heat is actually light — emitted at a wavelength along the electromagnetic spectrum — that induces heat in the body, but is invisible to the eye. It's said to have numerous health benefits. It can penetrate the pores, purifying the skin and loosening the joints, stimulating blood flow and increasing circulation. It also burns calories as your body works to cool itself and your heart rate increases.

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Although further studies are needed to corroborate these claims, the treatment is popular among both laymen and celebs (Leonardo DiCaprio, Michelle Williams) who tout its feel-good properties. I can attest to feeling some kind of release and relaxation, if just from the cathartic act of sweating and the comfort of being alone in my own little pod.

My favorite part might have been the LED light therapy, which beamed down different colors from a square lamp in the ceiling. I selected the automatic setting which cycled through ROYGBIV, each hue meant to inspire a different mood or energy. Each color was pleasing in a different way; I might liken it to spacing out as you watch your mood ring change. Purported health benefits include skin rejuvenation, pain relief and decreasing swelling, (again, more studies are needed); for me, I felt like I was sitting below my own private, very chill disco ball.

Listening to music helped, too. Within the sauna, I hooked up my iPhone to the speakers and put on relaxing tunes from Cass McCombs.

I can't say I felt radically different after my session, but certainly better than my typical post-work self. We need every chance we can take for a little solitude and self-care; an infrared sauna is one way to get it.

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Healthy teas to soothe winter ills

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SHARON FEIEREISEN
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Here's one way to get a daily health kick that's actually as easily said as it is done — drinking tea. Not only can tea be relaxing (and extremely hygge) but it can stimulate your metabolism, detoxify, have a calming effect and strengthen your immune system. While you've likely heard swapping out your Diet Coke for an herbal brew does wonders for your well-being, you might not realize the benefits vary depending on the blend and type you choose. Here's a look at which tea to sip based on your health goals.

To ease your cold

Davids Tea Cold 911

The name says it all! This tea blends peppermint, juniper berries and orange peel for a refreshing antidote to the common cold. "Davids Tea Cold 911 is one of my favorites when I'm feeling under the weather because it has eucalyptus, which is a known decongestant, and orange peel, for a vitamin C punch," says certified wellness expert and author of "Go With Your Gut," Robyn Youkilis.

To soothe an upset stomach

Harney & Sons Ginger Tea

There's a reason so many wellness experts swear by ginger and/or lemon water – it works wonders inside and out. Harney & Sons' Ginger Tea is made with both. "Ginger's strong medicinal properties make it a go-to herb for low-level nausea and digestive issues, while the neutralizing acids in lemon have also been shown to curb nausea," says certified Integrative Nutrition health coach Kerri Axelrod.

Feeling tired/bloated/nauseated, etc? There's a tea for that. ISTOCK

Your path to clear skin

Republic of Tea Get Gorgeous

"Republic of Tea's Get Gorgeous blend is great for improving the skin from the inside out," says Miller. "It contains antioxidants needed to protect skin from the elements and environmental pollutants, and also reduces inflammation for a more even skin tone and reduction of scar tissue from pesky pimples."

Your aid in weight loss

Sakara Life De-tox Tea

When it comes to weight loss there are few things as important as drinking enough water. Sakara Life's tea blend jazzes up your run-of-the-mill tap with tried and true digestives (including lemongrass, rose and rooibos), to support the body's natural ability to cleanse. "I reach for Sakara Life's Detox Tea when I feel like my body could use a reset from one too many cupcakes or nights out on the town," says Youkilis. "Rose helps calm inflammation while lemongrass is a natural diuretic and encourages your body to flush those nasty toxins."

INSTAGRAM/ @KUSMITEAUS

Your bloating cure

Kusmi Blue Detox

"I struggle with bloat almost daily, so I love the ingredients in Kusmi's Blue Detox," says holistic health expert Hailey Miller. This tea blends maté, green tea and rooibos, a combination that works to speed up the removal of excess fluid. Bonus: the notes of pineapple are very refreshing (it tastes amazing iced!).

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CRUNCH TIME

MATT BURKE

SLEEP YOUR WAY TO THE TOP

Boston has won 10 pro sports championships since the turn of the century, easily more than any other U.S. city. What's the secret? It's probably just sleep.

The top athletes and teams in the city seem obsessed with getting shut-eye. Tom Brady goes to bed at 8:30 p.m. every night and is sure to get at least nine hours in per session. Former Celtics star Paul Pierce used to sleep in a hyperbaric oxygen chamber to catch z's. The Red Sox are now getting into the act as they are going to have "sleep rooms" set up at Fenway Park, according to the Boston Globe. The team is having players test mattresses and they're "getting fitted for pillows" so that they can nap prior to games.

No word on what these sleep rooms will be used for after games, but let's just say players can probably just skip the trip to the club now and have their "friends" over to the ballpark instead. What could go wrong?

CELEBRITY SPRING TRAINING

ALL IMAGES GETTY

Tim Tebow bashed nine home runs yesterday.

Yes, it came during batting practice — but that's neither here nor there.

At first I was against Tebow being allowed to participate in Mets camp, as it would take time away from someone not nearly as famous being allowed to chase their big league dreams. But now that the lull period in the sports calendar is here, F— it. I now think that every club should have a celebrity spring training invite and that person should see live MLB pitching.

How fun would it be to watch a Justin Bieber or Liam Hemsworth shiver in fear while facing a Stephen Strasburg fastball?

Guessing that Tebow gets plunked hard if and when he sees live action despite the fact that he could powerbomb 99 percent of the pitchers in MLB.

KISS FROM A ROSE?

Warriors star Kevin Durant and model/fashion designer Amber Rose were seen together at the same restaurant in LA last week and, of course, everyone has since assumed that they're doing adult things with one another.

"I was not with him at all," Rose told TMZ. "We were at the same restaurant, that's it."

Durant has been a fan of Rose's for years as he tweeted at her in 2010:

"@DaRealAmberRose I kno this is random but I seen u in LA and u got the meanest bald head ever!!! Better than MJ, Charles Barkley n all dem!!"

That's a pick up line if I've ever seen one, comparing a girl you like to a 1990s NBA basketball player.

"Hey girl. Look at you lookin' all Detlef Schrempf-y tonight."

See? So easy.

MAMA DRAMA

It looks as though the front-runner for sports feud of the year is over, due to Shaquille O'Neal's mom. According to The Undefeated, Lucille O'Neal said this past weekend that her son and Warriors center JaVale McGee need to "squash" their fight and "move on." ICYMI, Shaq has been needling McGee for his goofy play on the NBA on TNT for a few years now but McGee recently had enough, accusing Shaq of "cooning," which according to Urban Dictionary means, "a person of African decent whose sole purpose is to entertain white people."

Shaq responded on Twitter by saying, "@JaValeMcGee34 don't be acting like u a G, I'll smack the s*** out yo bum a**" and also, "Be happy I made you famous, you thin-skinned millennial."

McGee's mom, though, is not ready to forgive and forget, as she told The Undefeated that Shaq has "cyberbullied" her son.

"Totally inappropriate," McGee's mom said. "Shaquille needs to lose his job or be suspended. The NBA needs to make a stand."

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Knicks waive the white flag

Brandon Jennings is no longer a Knick and Joakim Noah is done for the season.

MATT BURKE
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Brandon Jennings was waived by the Knicks on Monday. GETTY IMAGES

The Knicks did not trade off big name players Carmelo Anthony or Derrick Rose at last week's NBA trade deadline but Monday's moves by the club signified that they are already thinking primarily about the 2017-18 season.

The team waived point guard Brandon Jennings and big man Joakim Noah underwent season-ending surgery.

Jennings was thought to have been a good get for the Knicks prior to the season as he figured to give New York a scoring jolt off the bench. His numbers in a reserve role behind Rose were decent as he averaged 8.6 points and 4.9 assists per game in New York. The Knicks reportedly tried to trade Jennings last week but could not find any suitors.

"Thank you to all the Knicks fans for the love all year long, and thanks to my teammates and the organization," Jennings tweeted. "Playing in the Mecca was an amazing experience and I'm looking forward to being back on the court soon playing the game that I love."

Washington and Charlotte have emerged as top candidates to sign Jennings. The Knicks signed 24-yaer-old guard Chasson Randle to replace Jennings on the roster. Jennings played in eight games this season with the 76ers, averaging 5.3 points and 0.8 assists per game.

Meanwhile, Noah underwent arthroscopic surgery on his left knee Monday. Noah has had a rough first year in New York, averaging 5.0 points and 8.8 rebounds per game. The former Bulls standout has three years remaining on his contract after this season.

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Pursuant to a Judgment of Foreclosure and Sale entered on December 9, 2016. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 17th day of March, 2017 at 10:00 a.m. Premises All that certain plot, piece or parcel of land, with the buildings and Improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. Said premises known as 130-16 Inwood Street, Jamaica, N.Y.11436. Tax account number: SBL# 12081-150. Approximate amount of lien $ 948,099.66 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 10971/2008. Tayna Hobson-Williams, Esq., Referee.
Fein Such & Crane, LLP
Attorney(s) for Plaintiff
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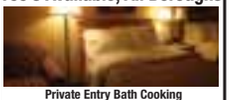
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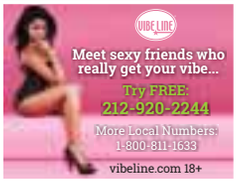

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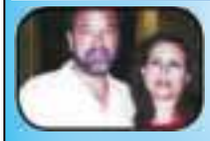

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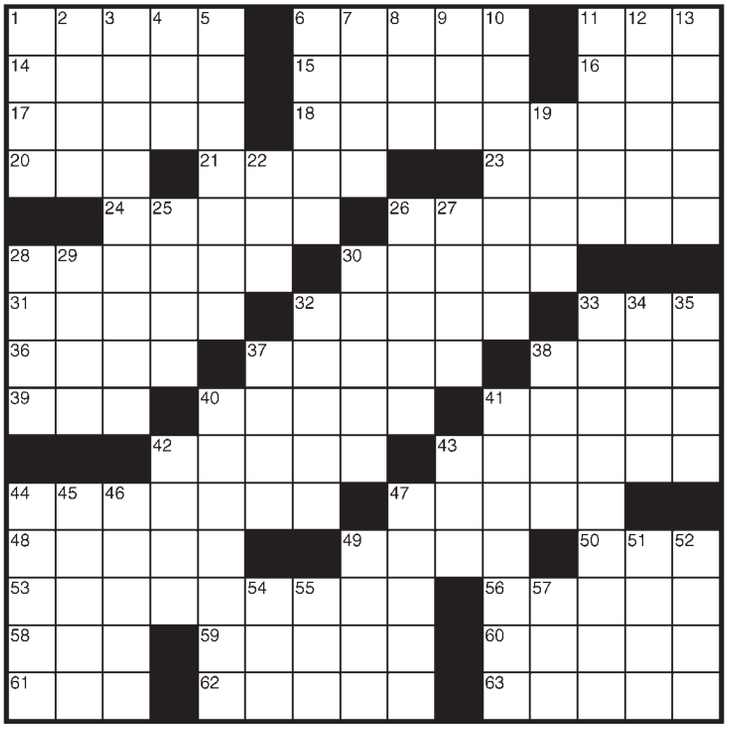
Across

1 Like a superhero
6 Greek market
11 VCR button
14 Up -- -- (stymied)
15 Smoked
16 Zoologists' mouths
17 Nobel physicist -- Bohr
18 Masked buffoon
20 It has long arms
21 Giant-ant horror film
23 Public sentiment
24 Breeding horses
26 Canvas users
28 Hire on
30 Give way
31 Wee
32 Officious
33 Racing circuit
36 Sandwich cookie
37 Quake locale
38 Chicken
39 Jarrett of NASCAR
40 Inner motivation
41 Ditto (2 wds.)
42 "-- Street Blues"
43 Dear, in a way
44 Concurs
47 Hindu class
48 Jargon
49 Galley movers
50 Amtrak et al.
53 Heads for the moon (2 wds.)
56 Less cordial
58 Caribou kin
59 Banks of baseball
60 Ms. Verdugo
61 Compass dir.
62 Loses by inches
63 Tricky moves

Down

1 Water-to-wine site
2 Take -- -- from me
3 Knocked off the schedule (hyph.)
4 Moray
5 Total
6 Throbs
7 Pacific island
8 Boston's Bobby --
9 Kin, for short
10 Skillfully
11 NFL no-no's
12 Watch site
13 Guys like Hamlet
19 Tobacco chew
22 "-- Jude"
25 Deep-voiced lady
26 Usher's beat
27 Remains
28 Poet's black
29 Thick mud
30 -- gotta be kidding!
32 Bucket handles
33 Sweepstakes
34 Army no-show
35 Stratagem
37 Keg party locale
38 Gala
40 Signified
41 Richer in bryophytes
42 More than asks
43 Airport rental
44 "The Zoo Story" penner
45 Thresholds
46 Plumber's tool
47 Greasy spoons
49 Think nothing -- --!
51 Descartes or Russo
52 Fraus, in Sp.
54 Herr, in Madras
55 -- for the books
57 Actor -- Gulager



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easy

3						6	5	
8				5	2			
		5	1		7			3
2					5	3	7	
		9				4		
	3	7	9					6
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	9	8						1

hard

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6		2			5			
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					3	5		2

metro.us/horoscopes

Aries Keep a lid on the way you feel. Observation will be in your best interest. Don't make assumptions or engage in arguments based on insufficient facts. Choose peace.

Taurus You need to seriously assess the secrets you've been keeping and the cost of doing so. Certain matters should be revealed to help eliminate uncertainty and stress.

Gemini Don't try to change others. Make an honest attempt to increase your inner strength. Making your life better begins within. Share your feelings.

Cancer The so-called opportunity someone is giving you is probably not going to help you as much as it would them. Branch out alone, without broadcasting what you are doing.

Leo Altering your vocation or domestic situation will open a window of opportunity, giving you clear passage to get what you want. Children will play a role in your life.

Virgo Keep your enemies close so that you can see what might be used against you. Protect yourself against bad health, financial loss and a poor reputation.

Libra If you look for an opportunity, you will find it. Take time to nurture partnerships and to include those who can be of assistance to you when you need it. Romance is featured.

Scorpio Work from home, if possible. You'll get more done and avoid interference. Unusual lifestyle changes will give you peace of mind and greater insight into your future.

Sagittarius If you express your feelings, you will find a way to improve your personal life or bring greater business opportunities within reach. Love can't be forced.

Capricorn Emotional distress will take charge if you try to take control. Choose to let everyone, including yourself, have the freedom to do whatever will bring the best results.

Aquarius Reconnect with a former co-worker in order to forge a new beginning. Your ability to make things happen through discipline and hard work will be admired.

Pisces Make a commitment to do your best. Figure out the best way to get what you want, and start moving forward. All talk and no action won't get you very far. **EUGENIA LAST**

Yesterday's answers

G	R	A	S	P		N	A	S	H		R	C	M	P
R	I	C	C	I		E	L	H	I		E	L	I	E
O	S	C	A	R		Z	E	A	L		C	A	N	E
W	E	T	B	A	R		C	R	A	C	K	S	U	P
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S	P	E	D		E	S	T	A		Y	E	A	R	N

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